

## Personal Development: PSHE - Long Term Plan

puberty	Topic	Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
HT 1.1 <i>Health &amp; Wellbeing</i>	<b>Year 12</b> <b>Mental health and emotional wellbeing</b>	<ul style="list-style-type: none"> <li>Mental health and emotional wellbeing</li> <li>Managing stress</li> <li>Body image</li> <li>Healthy coping strategies</li> </ul> PoS refs: H1, H2, H3, H4, H5, H6, H7, H13	<ul style="list-style-type: none"> <li>how to manage work-life balance, including study, leisure, exercise, sleep and time online</li> </ul>	<ul style="list-style-type: none"> <li>how to manage work-life balance, including study, leisure, exercise, sleep and time online</li> </ul>	strategies to promote mental health and emotional wellbeing and address difficulties	<ul style="list-style-type: none"> <li>stress management strategies</li> <li>the signs of emotional or mental ill-health</li> <li>how, when and why to access appropriate support and treatment</li> </ul>	<ul style="list-style-type: none"> <li>the effects on body image and self-esteem, of idealised images of bodies and pressure to conform</li> </ul>	<ul style="list-style-type: none"> <li>strategies to manage influences on body image</li> <li>how to manage influences and risks relating to cosmetic and aesthetic body alterations</li> </ul>	<b>Assessment Lesson</b>	<b>Flashback Lesson</b>
	<b>Year 13</b> <b>Independence</b>	Responsible health choices Managing change Health and wellbeing, including sexual health, into adulthood	<ul style="list-style-type: none"> <li>skills to improve adaptability and resilience during periods of change and strategies to manage change</li> </ul>	<ul style="list-style-type: none"> <li>the importance of monitoring personal health and wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>how to make informed, independent health choices and manage media messages about health (including about vaccination/immunisation)</li> </ul>	<ul style="list-style-type: none"> <li>how to maintain a healthier diet</li> <li>about registering with and accessing doctors, opticians and other health services</li> </ul>	<ul style="list-style-type: none"> <li>screening and how to perform (e.g. breast and testicular) self-examination</li> <li>about illnesses that particularly affect young adults, such as meningitis and 'freshers' flu'</li> </ul>	<ul style="list-style-type: none"> <li>how to select appropriate contraception in different contexts and relationships</li> <li>how to reduce the risk of contracting or passing on an STI</li> <li>accessing local and national advice, diagnosis and treatment in relation to sexual health</li> </ul>	<b>Assessment Lesson</b>	<b>Flashback Lesson</b>

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HT 1.2 <i>Living in the wider world</i>	<b>Year 12</b> <b>Communities and care</b>	Challenging stereotypes, rights and responsibilities in post 16 and workplace. PoS refs: L8,L9,L10, L11, L12,L20,L21,L22, L23,L24,L25  Readiness for work • Career opportunities • Preparing for the world of work PoS refs: L1, L5, L6, L7, L8, L9, L10, L11, L1	<ul style="list-style-type: none"> <li>Preparing for responsibility-groupthink and modes of behaviour</li> </ul>	<ul style="list-style-type: none"> <li>Evaluating strengths, skills and interests in relation to future roles and opportunities.</li> <li>Transferrable skills</li> </ul>	<ul style="list-style-type: none"> <li>Career opportunities in a global economy.</li> <li>Rights and responsibilities in different types of employment, including full-time, part-time, and jobs in the 'gig economy'</li> </ul>	<ul style="list-style-type: none"> <li>Professional conduct, including following health and safety protocols.</li> <li>Workplace confidentiality and security, including cyber-security and data protection. When, why and how to seek or provide support in response to bullying and harassment in the workplace</li> </ul>	<b>Assessment Lesson</b>	<b>Flashback Lesson</b>	<b>12 Days of Christmas</b>	<b>12 Days of Christmas</b>

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						Strategies for overcoming challenges or adversity in the workplace. About the role of trade unions and professional organisations				
	<b>Year 13</b> <b>Identity and values</b>	Aligning ambition with personal values. Developing a career identity and values in relation to work, whilst pursuing next steps  PoS refs: L1, L2, L3,L4, L5,L6,L20,L21,L22,L23,L24,L25	<ul style="list-style-type: none"> <li>•Developing self-efficacy and self concept in line with future aspirations</li> <li>•Identifying appropriate 'next steps' post-18, such as higher education, further training or apprenticeships, and gap year opportunities</li> </ul>	<ul style="list-style-type: none"> <li>•Evaluating strengths, skills and interests in relation to future opportunities and career development</li> <li>•The implications of the global market for future choices in education and employment.</li> </ul>	<ul style="list-style-type: none"> <li>•Building and maintaining a positive professional identity and online presence</li> </ul>	<ul style="list-style-type: none"> <li>•How social media can expand, limit or distort perspectives Setting and maintaining boundaries around personal privacy</li> <li>•Managing online safety in all its forms, including seeking help when appropriate</li> </ul>	<b>Assessment Lesson</b>	<b>Flashback Lesson</b>	<b>12 Days of Christmas</b>	<b>12 Days of Christmas</b>

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<b>HT 2.1</b> <b>Relationships</b>	<b>Year 12</b> <b>Diversity and inclusion</b>	<ul style="list-style-type: none"> <li>•Living in a diverse society</li> <li>•Challenging prejudice and discrimination</li> </ul> <p>PoS refs: R1, R2, R3, R24, R25, L25</p>	<ul style="list-style-type: none"> <li>•how to communicate personal values in different types of relationships</li> <li>•strategies to challenge prejudice and discrimination in relation to inclusion and any of the protected characteristics of the Equality Act (2010)</li> </ul>	<ul style="list-style-type: none"> <li>•rights, roles and responsibilities in a diverse society and how to respect and advocate for them</li> </ul>	<ul style="list-style-type: none"> <li>•to celebrate cultural diversity and promote inclusion</li> <li>•the ways different faith or cultural views can influence relationships, and how to challenge these if appropriate</li> </ul>	<ul style="list-style-type: none"> <li>•how to safely challenge prejudice and discrimination, including online</li> <li>•extremism and radicalisation, how to reduce the risks and when, where and how to seek help</li> </ul>	<b>Assessment Lesson</b>	<b>Flashback Lesson</b>		



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			further training or apprenticeships, and gap year opportunities	internationally, and benefit from potential opportunities						
	<b>Year 13</b> <b>Financial Choices</b>	Financial choices •Managing money •Financial contracts •Budgeting •Saving •Debt •Influences on financial choices  PoS refs: L13, L14, L15, L16, L17, L18, L19, L24, H1	•how to effectively plan expenditure and budget for changes in circumstances (e.g. when moving out or going to university) •how to evaluate savings options  •salary deductions, including taxation, national insurance, student loan repayments and pensions, and how to manage these	•how to evaluate the potential gains and risks of different debt arrangements and repayment implications  •the risks involved in different financial ventures, including illegal schemes (e.g. illegal money transfers)	• consumer rights, how to resolve disputes and access support •how to manage financial contracts, including mobile phone services and renting items and accommodation, and identify appropriate advice •how to critically evaluate different media sources, online content and recognise propaganda, manipulation, biased or misleading information	<b>Assessment Lesson</b>	<b>Flashback Lesson</b>			

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<b>HT 3.1</b> <b>Relationships</b>	<b>Year 12</b> <b>Respectful relationships</b>	Respectful relationships •Consent •Assertive communication •Positive relationships and recognising abuse •Strategies for managing dangerous situations or relationships  PoS refs: R11, R12, R13, R19, R20, R21, R22, R23, R24	•how to seek and assertively give, not give or withdraw consent, in all contexts • legal and moral responsibilities in relation to seeking consent and how to recognise factors that might affect	•to evaluate attitudes towards sexual assault and their impact; how to challenge victim-blaming, including when abuse occurs online	•how to recognise manipulation and coercion and manage negative influence and persuasion •exit strategies for unhealthy relationships	•how to identify the signs of abuse, exploitation and assault or rape •where and how to access support and report concerns, including online	•unacceptability and illegality of forced marriage and 'honour'-based violence and how to safely seek help	• rights in relation to harassment, including online, stalking and violence, how to respond and where to seek help  •exit strategies for pressurised	<b>Assessment Lesson</b>	<b>Flashback Lesson</b>

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			capacity to consent • emotional, physical, social, and legal consequences of failing to respect others' right not to give or to withdraw consent					or dangerous situations		
	<b>Year 13</b> <b>Building and maintaining relationships</b>	Building and maintaining relationships •New friendships and relationships, including in the workplace •Personal safety •Intimacy •Conflict resolution •Relationship changes PoS refs: H1, R4, R5, R6, R7, R8, R9, R10, R23	•how to manage mature friendships, including making friends in new places	•strategies to confidently manage transitional life phases, such as leaving school, or leaving home for the first time •about personal safety in new relationships, including online	•how to maintain healthy, pleasurable relationships and about different levels of emotional intimacy, the role of pleasure, and the difference between 'love' and 'lust' •relationship challenges and how to manage the ending of relationships safely and respectfully, including online	•how to assertively communicate and negotiate boundaries in relationships •professional relationships; how to build meaningful relationships in the workplace and establish and respect boundaries	•how to manage strong emotions, communicate constructively and negotiate difficulties	•strategies to recognise, de-escalate and exit aggressive social situations  •how to evaluate the dangers and consequences of involvement in gangs, serious organised crime or carrying a weapon	<b>Assessment Lesson</b>	<b>Flashback Lesson</b>

	Topic	Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<b>HT 3.2</b> <i>Living in the wider world</i>	<b>Year 12</b> <b>Health choices and safety</b>	Health choices and safety •Independence and keeping safe •Travel •First aid •The impact of substance use  PoS refs: H14, H15, H16, H17, H21, H22, H23, H24, R19, R20	•how to assess and manage risk and personal safety in new independent situations, including online •how to manage personal safety in relation to travel, including	• safety, rights and responsibilities when travelling in the UK and abroad, including passport, visa and insurance requirements	•how to perform first aid •how to evaluate when to summon emergency services and about the importance of giving accurate information,	•to identify and manage the impact of substance use on health, personal safety, decision making and sexual behaviour •the consequences of substance use,	•the risks of being a passenger with an intoxicated driver and how to manage this	•the impact of substance use on road safety, work-place safety, reputation and career	<b>Assessment Lesson</b>	<b>Flashback Lesson</b>

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			cycle safety, young driver safety, passenger safety, using licensed taxis and getting home safely		even in cases where there may be legal consequences	and how to manage use of alcohol and other drugs				